



National Nutrient Database for Standard Reference  
Release 28 slightly revised May, 2016

## Full Report (All Nutrients) 01161, Cheese substitute, mozzarella

Report Date: July 09, 2017 12:35 EDT

Nutrient values and weights are for edible portion.

Food Group : Dairy and Egg Products

Carbohydrate Factor: 3.87 Fat Factor: 8.79 Protein Factor: 4.27 Nitrogen to Protein Conversion Factor: 6.38

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, shredded 113g	1 oz 28.35g	1 cubic inch 18g	1 slice 28g	3.0 oz 85g
<b>Proximates</b>									
Water	g	47.36	4	0.718	53.52	13.43	8.52	13.26	40.26
Energy	kcal	248	--	--	280	70	45	69	211
Energy	kJ	1038	--	--	1173	294	187	291	882
Protein	g	11.47	4	0.589	12.96	3.25	2.06	3.21	9.75
Total lipid (fat)	g	12.22	4	0.422	13.81	3.46	2.20	3.42	10.39
Ash	g	5.27	4	0.085	5.96	1.49	0.95	1.48	4.48
Carbohydrate, by difference	g	23.67	--	--	26.75	6.71	4.26	6.63	20.12
Fiber, total dietary	g	0.0	--	--	0.0	0.0	0.0	0.0	0.0
Sugars, total	g	23.67	--	--	26.75	6.71	4.26	6.63	20.12
<b>Minerals</b>									
Calcium, Ca	mg	610	4	182.345	689	173	110	171	518
Iron, Fe	mg	0.40	--	--	0.45	0.11	0.07	0.11	0.34
Magnesium, Mg	mg	41	4	6.332	46	12	7	11	35
Phosphorus, P	mg	583	4	155.892	659	165	105	163	496
Potassium, K	mg	455	4	233.722	514	129	82	127	387
Sodium, Na	mg	685	4	272.760	774	194	123	192	582
Zinc, Zn	mg	1.92	4	0.932	2.17	0.54	0.35	0.54	1.63
Copper, Cu	mg	0.110	4	0.063	0.124	0.031	0.020	0.031	0.093
Manganese, Mn	mg	0.028	4	0.009	0.032	0.008	0.005	0.008	0.024
Selenium, Se	µg	19.2	--	--	21.7	5.4	3.5	5.4	16.3
<b>Vitamins</b>									
Vitamin C, total ascorbic acid	mg	0.1	4	0.039	0.1	0.0	0.0	0.0	0.1

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Thiamin	mg	0.026	4	0.001	0.029	0.007	0.005	0.007	0.022
Riboflavin	mg	0.444	4	0.026	0.502	0.126	0.080	0.124	0.377
Niacin	mg	0.317	4	0.026	0.358	0.090	0.057	0.089	0.269
Pantothenic acid	mg	0.083	4	0.002	0.094	0.024	0.015	0.023	0.071
Vitamin B-6	mg	0.051	4	0.018	0.058	0.014	0.009	0.014	0.043
Folate, total	µg	11	4	6.394	12	3	2	3	9
Folic acid	µg	0	--	--	0	0	0	0	0
Folate, food	µg	11	4	6.394	12	3	2	3	9
Folate, DFE	µg	11	--	--	12	3	2	3	9
Choline, total	mg	13.7	--	--	15.5	3.9	2.5	3.8	11.6
Vitamin B-12	µg	0.81	4	0.042	0.92	0.23	0.15	0.23	0.69
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	437	--	--	494	124	79	122	371
Retinol	µg	437	--	--	494	124	79	122	371
Carotene, beta	µg	0	--	--	0	0	0	0	0
Carotene, alpha	µg	0	--	--	0	0	0	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0	0	0	0
Vitamin A, IU	IU	1457	--	--	1646	413	262	408	1238
Lycopene	µg	0	--	--	0	0	0	0	0
Lutein + zeaxanthin	µg	0	--	--	0	0	0	0	0
Vitamin E (alpha-tocopherol)	mg	0.11	--	--	0.12	0.03	0.02	0.03	0.09
Vitamin E, added	mg	0.00	--	--	0.00	0.00	0.00	0.00	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0	0.0	0.0	0.0
Vitamin D	IU	0	--	--	0	0	0	0	0
Vitamin K (phylloquinone)	µg	1.0	--	--	1.1	0.3	0.2	0.3	0.8
<b>Lipids</b>									
Fatty acids, total saturated	g	3.711	--	--	4.193	1.052	0.668	1.039	3.154
4:0	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000
8:0	g	0.012	1	--	0.014	0.003	0.002	0.003	0.010
10:0	g	0.012	1	--	0.014	0.003	0.002	0.003	0.010
12:0	g	0.048	1	--	0.054	0.014	0.009	0.013	0.041
14:0	g	0.049	1	--	0.055	0.014	0.009	0.014	0.042

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, shredded 113g	1 oz 28.35g	1 cubic inch 18g	1 slice 28g	3.0 oz 85g
16:0	g	2.369	1	--	2.677	0.672	0.426	0.663	2.014
18:0	g	1.222	1	--	1.381	0.346	0.220	0.342	1.039
Fatty acids, total monounsaturated	g	6.243	--	--	7.055	1.770	1.124	1.748	5.307
16:1 undifferentiated	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000
18:1 undifferentiated	g	6.243	1	--	7.055	1.770	1.124	1.748	5.307
20:1	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000
Fatty acids, total polyunsaturated	g	1.738	--	--	1.964	0.493	0.313	0.487	1.477
18:2 undifferentiated	g	1.664	1	--	1.880	0.472	0.300	0.466	1.414
18:3 undifferentiated	g	0.074	1	--	0.084	0.021	0.013	0.021	0.063
18:4	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000
Cholesterol	mg	0	4	0.000	0	0	0	0	0
<b>Amino Acids</b>									
Tryptophan	g	0.151	--	--	0.171	0.043	0.027	0.042	0.128
Threonine	g	0.397	--	--	0.449	0.113	0.071	0.111	0.337
Isoleucine	g	0.570	--	--	0.644	0.162	0.103	0.160	0.484
Leucine	g	0.924	--	--	1.044	0.262	0.166	0.259	0.785
Lysine	g	0.793	--	--	0.896	0.225	0.143	0.222	0.674
Methionine	g	0.282	--	--	0.319	0.080	0.051	0.079	0.240
Cystine	g	0.050	--	--	0.057	0.014	0.009	0.014	0.043
Phenylalanine	g	0.525	--	--	0.593	0.149	0.095	0.147	0.446
Tyrosine	g	0.572	--	--	0.646	0.162	0.103	0.160	0.486
Valine	g	0.680	--	--	0.768	0.193	0.122	0.190	0.578
Arginine	g	0.388	--	--	0.438	0.110	0.070	0.109	0.330
Histidine	g	0.286	--	--	0.323	0.081	0.051	0.080	0.243
Alanine	g	0.273	--	--	0.308	0.077	0.049	0.076	0.232
Aspartic acid	g	0.682	--	--	0.771	0.193	0.123	0.191	0.580
Glutamic acid	g	2.172	--	--	2.454	0.616	0.391	0.608	1.846
Glycine	g	0.167	--	--	0.189	0.047	0.030	0.047	0.142

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, shredded 113g	1 oz 28.35g	1 cubic inch 18g	1 slice 28g	3.0 oz 85g
Proline	g	1.036	--	--	1.171	0.294	0.186	0.290	0.881
Serine	g	0.532	--	--	0.601	0.151	0.096	0.149	0.452
<b>Other</b>									
Alcohol, ethyl	g	0.0	--	--	0.0	0.0	0.0	0.0	0.0
Caffeine	mg	0	--	--	0	0	0	0	0
Theobromine	mg	0	--	--	0	0	0	0	0